

**WHAT IS CLAIMED IS:**

1. A method for packaging and preparing a meat product comprising the steps of:

placing a meat product in a bag formed from a single layer comprising  
5 nylon 66 as the sole polymer component, the bag being free of heat shrink material  
and meat adhesion material, the bag having a first end and a second end, the first  
end being heat sealed and capable of withstanding pressures exerted on the seal  
during cooking at temperatures up to approximately 450 degrees Fahrenheit;  
mechanically sealing the second end of the bag after the meat product has  
10 been placed inside of the bag such that there are no openings in the bag;  
subjecting the bag to a temperature between about 40 degrees Fahrenheit  
and about 160 degrees Fahrenheit after the meat product has been placed in the bag  
to soften the bag;  
freezing the meat product after it has been placed in the bag; and  
15 cooking the meat product in the bag such that a gap between about one inch  
and about three inches forms between the bag and an upper portion of the meat  
product forms during the cooking process.

2. The method of Claim 1, wherein the first end of the bag includes  
chamfered edges.

20 3. The method of Claim 1, wherein the subjecting step is performed by  
rinsing the bag with water at a temperature of between about 100 degrees and about  
160 degrees.

4. The method of Claim 3, wherein the temperature is about 150 degrees.

5. The method of Claim 1, wherein the mechanically sealing step is performed using a metal clip.
6. The method of Claim 1, further comprising the step of twisting a portion of the second end extending beyond a location at which the second end is mechanically sealed such that the bag and the meat product are forced into a closely spaced adjacent relationship.
7. The method of Claim 6, further comprising the step of placing the twisted portion of the second end beneath the meat product during the freezing step.
8. The method of Claim 1, wherein the bag includes a heat stabilizer.
9. The method of Claim 1, wherein the bag consists essentially of nylon 66 and a heat stabilizer.
10. The method of Claim 1, wherein the bag comprises at least 50% by weight of nylon 66.
11. The method of Claim 1, wherein the bag comprises at least 90% by weight of nylon 66.
12. The method of Claim 1, wherein the bag comprises at least 98% by weight of nylon 66.
13. A product comprising:  
a meat product; and  
a bag surrounding the meat product, the bag being a single layer bag comprising nylon 66, the bag being in a closely spaced adjacent relationship to the meat product, the bag bearing directions to cook the meat product at a temperature, the temperature being between about 300 degrees Fahrenheit and about 450

degrees Fahrenheit, the bag being free of heat shrink material and meat adhesion material, the bag being sized such that a gap between about one inch and about three inches forms between an upper portion of the meat product and the bag when the meat product is cooked in accordance with the directions, the bag having an end with a seal that remains sealed when the meat product is cooked in accordance with the directions.

14. The product of Claim 13, wherein nylon 66 is the sole polymer component of the bag.

15. The product of Claim 13, wherein the single layer comprises a heat stabilizer.

16. The product of Claim 13, wherein the single layer comprises at least 50% by weight of nylon 66.

17. The product of Claim 13, wherein the single layer comprises at least 90% by weight of nylon 66.

18. The product of Claim 13, wherein the single layer comprises at least 98% by weight of nylon 66.

19. The product of Claim 13, wherein the single layer consists essentially of nylon 66 and a heat stabilizer.

20. The product of Claim 13, wherein the bag includes an end having chamfered corners.

21. The product of Claim 13, wherein the meat product is a red meat product.

22. The product of Claim 13, wherein the meat product is poultry.

23. The product of Claim 13, wherein the meat product is turkey.

24. The product of Claim 13, wherein the meat product includes skin.
25. The product of Claim 13, wherein the meat product is marinated.
26. The product of Claim 13, wherein the seal is a heat seal.
27. The product of Claim 13, wherein the product is free from any  
5 individual packaging surrounding the product other than the bag.
28. The product of Claim 13, wherein the bag has a thickness of  
approximately one mil.
29. A bag for packaging and cooking a meat product, the bag comprising at  
least 50% by weight of nylon 66, the bag bearing directions to cook the meat  
10 product in the bag at a temperature, the temperature being between about 300  
degrees Fahrenheit and about 450 degrees Fahrenheit, the bag having a first sealed  
end that remains sealed when the meat product is cooked in accordance with the  
directions, the bag being free from openings other than an opening at the second  
end such that material from inside the bag is not allowed to escape when the  
15 opening at the second end is sealed.
30. The bag of claim 29, wherein the bag comprises at least 90% of nylon  
66.
31. The bag of Claim 29, wherein the sealed end has chamfered corners  
and comprises a single layer approximately one mil thick, the single layer  
20 comprising at least 98% of nylon 66.